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Count to Ten and be Healthy

Dr. Don Verhulst



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Children as well as parents will enjoy Dr Don's simple and Biblically based, approach to health. Learn the basics of living a healthy lifestyle with your children and grandchildren in a way that is fun and even entertaining. Your kids will get a kick out of the Couch potato and flushing their toxins away. You will love this hardcover beautifully illustrated book.

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